

5 **Abstract**

10 The present invention relates to fat products based on whole egg or egg yolk which have a high content of triglycerides and/or phospholipids of long-chain polyunsaturated fatty acids having at least 20 carbon atoms and of specific unsaturated C18 fatty acids. These products are distinguished by a low carbohydrate content and a high oxidation stability and bioavailability of the bioactive fatty acids. The fat products are used in the animal and human nutrition sector.